

## Free Van Service

### Tuesday & Fridays:

#### Senior Meal

- home pickup ..... 10:00 am
- take home ..... 12:30 pm

#### Grocery Shopping

- home pickup ..... 1:00 pm
- take home ..... 3:00 pm

#### Van Pick-ups

Home pickup begins 1-hr prior to scheduled programs and trips, call 509-332-1933.



## Senior Meals

Council on Aging and Human Services provides a delicious noon meal every Monday and Friday at the Pullman Senior Center (except holidays).

#### Suggested donation:

\$4.25 for people 60+

\$6.50 charge for all others

Senior meal menus are published in the Daily News and the Senior Citizens Assoc. Newsletter.

***Everyone is  
welcome!***

**Pullman Senior Center**  
City of Pullman, Parks, Facilities & Recreation  
325 SE Paradise St  
Pullman, WA 99163

## Active Living for Active Adults Pullman Senior Center



***Promoting the social, cultural, spiritual,  
economic, physical & mental well-being of  
citizens in the community with particular  
attention to the older age group.***

**Monday-Friday**

**8:00 a.m.-5:00 p.m.**

**Mail:** Pullman Senior Center  
Pullman Parks, Facilities, & Recreation  
325 SE Paradise St., 1st Floor, City Hall  
Pullman, WA 99163  
**Phone:** 509-338-3307  
**Web:** PullmanParksandRec.com  
**Email:** seniorcenter@pullman-wa.gov

# ***Opportunities at the Pullman Senior Center are Endless!***

## **Education**

AARP Driver Courses  
AARP Tax Aid  
Computer Classes  
Informational Seminars  
Library

## **Health/Wellness**

Blood Pressure Clinic  
Fit & Fall Proof Exercises  
Health Fairs  
Tai Chi  
Yoga  
Zumba

## **Nutrition**

Breakfast/Supper Club  
Council on Aging Meals  
Grocery Shopping

## **Recreation/Special Interest**

Arts and Crafts	Kitchen Band
Bingo	Birthday Parties
Music Programs	Red Hats
Cards	Shopping Trips
Dominoes	Themed Parties
Wii Bowling	Cribbage

## **Special Events**

Irish Feast  
Lentil Festival Participants  
Holiday Bazaar Fundraiser  
Murder/Mystery Play and Dinner

## **Travel/Tours**

Day Trips  
National and International Tours  
Overnight Excursions

## **Volunteer Opportunities**

Center Support  
Fundraising Activities  
Leadership Positions  
Instructional Activities  
Educational Programs



## **Pullman Senior Citizens Association Membership**

You can become a member of the Pullman Senior Citizens Association by paying \$15 single or \$25 per couple, annual dues.

You will receive the Associations monthly newsletter with your annual membership, which contains information about upcoming programs and trips.

### **For more information contact:**

Monica LeCaire, Senior Coordinator  
at 509-338-3307,

**or email**

Monica.lecaire@pullman-wa.gov

**or stop by**

Pullman Senior Center  
City Hall, 1st Floor, 325 SE Paradise  
Pullman, WA 99163

Web: [www.PullmanParksandRec.com](http://www.PullmanParksandRec.com)

- *Permits to park beneath City Hall are also available for senior members while attending senior activities.*



# ***Active Living for Active Adults!***